Miles Mathis comments from the recent forum 2023

Yes, charge is moving up all the time, so there are a million uses for it. Go outside and run in the grass barefoot. That is immediately healing, since you are getting free charge therapy. You don't need to live in a pyramid to get it.

Don't buy plastic or rubber soled shoes, which is most shoes now. That's one of the reasons they sell the plebes such shoes, it disempowers them, literally. Leather is OK, unless you are vegan.

THe second two are too big for this party, but I will answer the first. Yes, I also like dogs. I used to like them more than cats, but now I like cats. Cats tear up your house less, which is good for an artist. And I don't have a proper fenced yard.

Grounding is a real thing, though it doesn't have much to do with electrons. It has to do with charge, which is photons. The body is a charge engine, like everything else in this universe.

The entire ruling class of Europe is Jewish. Unless you mean circumcision. One reason is that Euros like to get naked on the beach and elsewhere, and you don't want a circumcised weenie on the beaches. If it gets cold, you shrink up to nothing. Nobody likes that! If you are uncircumcised, he have your own little coat, so you get far less shrinkage. And yes, I am completely serious. ALthough there are other reasons. A far larger percentage of AMericans have Jewish "blood" than is admitted, especially in the upper classes.

I play trivia at a local Brewery. We are the top team, but a lot of the questions leave me empty. I have started calling it propaganda night, instead of trivia night. I am their art, history, literature, and science specialist, but you would be surprised how little of that there is on any given quiz. It is all vidgames, TV, Hollywood, and fake current events. And when they do ask a literature question, it tends to be Harry Potter or Game of Thrones

Before people can do anything, they have to know what is going on. Before they can come together and talk and make plans, they have to know what is going on. No action is possible without knowledge. So this is the first step in any revolution. If you don't know what you are up against, you have no chance of defeating it. You cannot organize or lead people who aren't aware of what is going on around them, or what has happened in recent history. I have tried to talk to well-meaning people around town, but it is pointless. They have no idea how the world works. They want to talk about Trump or Congress or some article in the New York Tlmes or some show they saw on CNN. These people have to be deprogrammed before you even think of asking them to act in any way.

. Life isn't about majorities or political wins. It is about private wins. It is about setting yourself (and those around you) up for your next life and all the next lives down the line. In other words, your longterm relation to the Gods or Muses or whatever you wish to call them is important. Far more important than your relation to the current ruling party. Life may seem long but it is really rather short. It is just a page in a much longer book. All the wise have known that, and it doesn't take a guru to see it.

I don't want to talk about aliens, since I don't know anything about them. It is like talking about gods. There may be aliens, but the gov alien projects are all misdirection. I see a lot of evidence of higher powers, but it is all pretty murky beyond that. If they wanted us to know, we would know. Whether gods or aliens, they DON'T want us to know, and I don't see it as a code we are going to crack. Life is some sort of test, and if we had the answer sheet, the test wouldn't work, would it? You know enough to know right from wrong, but you are never going to be told all the

secrets. If you knew all the secrets, the fun would be gone from the game anyway. So stick with the questions that have answers and leave the other ones be. I have shown there are lot of questions that can be answered that haven't been. Those are the ones I am interested in looking at

Rather than eternal recurrence, I believe each of our actions is etched in time somehow, and can't be destroyed. That achieves the same thing, without the need to relive the same life over and over. The past can't be destroyed, and always remains a part of the present. So you build on your past lives and past actions. Everything you do remains eternally important, without reoccuring eternally.

Everybody is always asking me what I think about some other author, so let me answer all those questions at once. I don't read anyone anymore. I do my own research and don't trust anyone else. 99% of the people pushing theories online are spooks, so be very careful. Research them yourselves. If they don't have a full bio posted with facts you can check, be very suspicious

The last thing you want to do is block heat rising out of the ground, since that is the same as charge. That is your oil and your gasoline. You are a charge engine, just like everything else. So don't insulate subfloor and don't wear shoes around the house, except leather soled.

Concerning radiation, it isn't just a matter of radiation levels or wavelengths, it is a matter of whether the body has a method of dealing with them. The newer forms, being new and unnatural, leave the body with no natural defenses. The body knows how to process and defend against sunlight (to an extent), but has no analogous ways to process or defend against focused wifi and other new forms. It may develop defenses, but who knows how long that will take. The human body is notoriously weak compared to other animals, and is weaker now than it has ever been in history. It has been weakened by purposely polluted air, water, and food, and heightened levels of unnatural radiation can only add to the toxic mix. So avoiding new radiation is a smart move, in my opinion.

I would have thought insulators would be better at blocking EM than metals. They partially block the charge field, which is why I earlier recommended wearing leather soled shoes rather than plastic or rubber. Your body wants the photons coming up, since they keep you charged in the right amount. This charge helps you repel or process EM fields, so part of the modern problem is that the body is torpid regarding charge, preventing it from dealing with EM fields in the correct way, you see. Houses are also built wrong, since many have insulation beneath the floors. You don't want any insulators beneath the floors. You want charge rising naturally. It can do that through rock and I assume concrete, and of course wood, but it can't do that through insulation. Big cities have the same problem, since they have a lot of crap beneath the streets, including insulators. That's why you should never live downtown. ANyway, metals can work as insulators, but they have to be turned in the right direction. You want them spreading out charge laterally instead of conducting it straight through. But remember, no matter what you are using as an insulator, it is not soaking up anything, or even blocking it. It is just redirecting it. So if you are using metals as insulators, be aware that the EM radiation is still coming out the sides in the same amounts. In other words, if you are standing in front of the metal and it is positioned correctly, you will be protected, but if you move around to the side, you will still get zapped. So don't protect yourself and accidentally zap your cat, for instance.